

December — Safe Toys and Gifts Month

Safe Toys Make for Happy Holidays

In the 1983 movie "A Christmas Story", Ralphie sets out to convince the world that a Red Ryder BB gun is the perfect gift.

"You'll shoot your eye out!" was the response he got from his parents, teacher and even Santa Claus. It's one of the more hilarious and memorable quotes from this Christmas classic because we've all heard it repeatedly during our childhood. And unfortunately, it comes true for too many people.

It's hard to resist giving into your child's overwhelming desire for his or her most wished for gift, especially during the holiday season, but sometimes you have to for their safety.



Toys - including some seemingly innocent ones - and sporting equipment are responsible for thousands of eye injuries to children every year. That's why Eye M.D.s all over the country are promoting Safe Toys and Celebrations Month and urging Americans to purchase safe toys and gifts this holiday season and all year long..

Every year ophthalmologists see the devastating injuries that seemingly safe toys can cause, particularly around the holiday season. By getting the word out children can be saved from needless suffering."

When shopping for toys, check labels to make sure they are age and maturity level appropriate, pass on games or toys with sharp or protruding parts or projectiles and consider carefully before giving darts, pellet guns or other firearms. These items are not appropriate for most children.

If you're giving sporting equipment, consider including appropriate protective eyewear. Approximately 40,000 sports-related eye injuries occur every year, but 90 percent of these injuries could be avoided with the right protective eyewear.



Lastly, before you open a bottle of your favorite bubbly to toast the holidays, learn how to do it safely. Make sure corks are covered by a towel and are pointed away from you and others, as well as making sure the champagne is chilled to at least 45 degrees Fahrenheit before opening. Every year, warm bottles of champagne, coupled with bad cork-removal technique are responsible for causing serious, blinding injuries.

By following a few simple safety tips, you can make sure your holidays are festive and injury free.

Eye health care is provided by the three "O's" – opticians, optometrists and ophthalmologists. It is the ophthalmologist, or Eye M.D., who can treat it all – eye diseases and injuries, and perform eye surgery.

*American Academy of Ophthalmology
-News Release
December 2006*

selecting safe toys

Toys are one of the many marvels of childhood, but their safety is oftentimes overlooked. The right toys can help babies and children develop coordination, creativity, imagination and prepare them for future learning. However, there are some toys that can cause as much harm as good. And, as parents and adults, it is our responsibility to make sure the little ones are playing with safe toys.

Things to consider:

- When selecting toys, consider the child's age, interests and skill level. Look for quality design and construction, and follow age and safety recommendations on labels.
- Consider purchasing a small parts tester to determine whether small toys may present a choking hazard to children under age 3. Small parts testers can be purchased at toy or baby specialty stores.
- Toys are frequently recalled for safety reasons. Check the National Safe Kids Campaign website www.safekids.org for updates and information on recent toy recalls.
- Use Mylar balloons instead of latex to eliminate the risk of choking or latex allergy reaction.
- Avoid toys with sharp points or edges, toys that produce loud noises, and projectiles (such as darts)
- Avoid toys with strings, straps or cords longer than 7 inches that may pose a risk for strangulation for young children.
- Avoid electrical toys with heating elements for children under age 8.
- Avoid cap guns that use caps that can be ignited by the slightest friction and can cause serious burns.

National Safe Kids Campaign, December 2006

Fit & Fast Holidays



December 7 11:00am-12:00pm
DOC: 3701 W. Cambridge, Phoenix
Conference Room
Register by November 30th:
email jlongm@azcorrections.gov

December 19 10:00am-12:00pm
DOR: 1600 W. Monroe, Phoenix
B-1 Conference room
Register by December 13th:
Email lbowdish@azdor.gov

December 20 12:00pm-1:00pm
DHS: 150 N. 18th Ave
Conference Room
Register by December 13th:
Email weilera@azdhs.gov

It's that time of year...countless potlucks, parties, and food platters that can sabotage even the healthiest eater. Join Ted Rogers, "America's Chef and Lifestyle Guru" as he shows you how to make this year's holidays Healthy ones!

Secrets of Stress



December 20 12:00pm-1:00pm
Gaming Dept: 202 E. Earl Dr. #200, Phoenix
Register by December 12th:
Email: tweaver@azgaming.gov

The negative implications of stress are higher and more profound than ever before. Join "Lifestyle Guru," Ted Rogers to learn more about stressors, coping with stress, and improving health by reducing stress.

Mini Health Screening at Work

All State employees and Benefit Options members over 18 are eligible to participate in the mini health screenings listed here.

Individual, confidential results will be mailed to each participant.

NEW!!! You can also have a copy of your test results sent directly to your physician. If you would like to have your results sent directly to your doctor, you will need to provide your physician's contact information at the event

These screenings are FREE, except where prices are indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total panel) and blood sugar **8-hour fasting is required for this blood draw** (water and medications are OK).
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.



You will be required to provide your Employee Identification Number (EIN) and Insurance Cards at these events.

NO APPOINTMENT NEEDED!

Phoenix: Tuesday, December 12, 2006
9:00am-11:00am ADOT
2828 N. Central Ave. Ste 900

Wednesday, December 13, 2006
8:00am-10:00am ROC
800 W. Washington St. CR

Flu Vaccine Reminder

Benefit Options members and State employees can still receive FREE flu shots at Healthwaves public flu clinics through December 31, 2006.

A complete schedule can be accessed at:

www.healthwaves.com

AND more information about the flu shot program can be found on our website at:

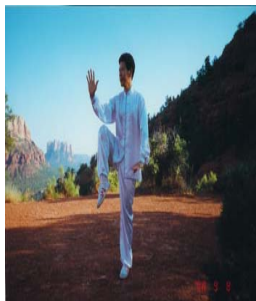
www.benefitoptions.az.gov/wellness

upcoming events

TAI CHI CLASS

Wednesdays, January
10 through February
28, 2007

Dept. of Health Services
1740 W Adams
Basement Activity
Room



Beginner Class: Noon—1pm

Intermediate Class: 1pm—2pm

Advanced Class: 2pm—3pm

Tai Chi is a natural solution to reducing stress and increasing activity level. Taught in the traditional format by Master Jesse Tsao, these classes include discussion about the practice and benefits of tai chi and step by step instructions on postures. Class fee is \$40, payable to instructor at the first class meeting. Dress comfortably.

REGISTRATION REQUIRED!

Registration will be open from
December 20 — January 3

Contact Wellness at: 602-771-9355
or wellness@azdoa.gov

Please include: Name, Agency,
Work phone, and the Class you are
interested in.

Class size is limited and enrollment
will be on a first-come basis!

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

Check the Wellness website for events scheduled in
your county.



The State's contracted vendor, National StresStation, will travel to worksites with at least 15 interested employees. Call National StresStation at 480-990-1701 to discuss

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website was recently updated with updated descriptions and the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

Online Event
Request Form



**Check out the Holiday
recipe and Potluck tips on**

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Cranberry Sweet Potato Bake



Ingredients:

- 2 pounds sweet potatoes, washed, peeled and cut into 1-inch pieces
- 4 tablespoons orange juice, divided use
- 2 tablespoons butter, melted
- 2 tablespoons olive or vegetable oil
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup Ocean Spray® Craisins® Orange Flavor Sweetened Dried Cranberries

Directions

1. Preheat oven to 425°F.
2. Combine potatoes, 2 tablespoons orange juice, butter, oil, brown sugar, cinnamon and salt in a large mixing bowl; toss until evenly coated.
3. Place mixture evenly in a 12x9-inch baking or roasting pan.
4. Bake for 30 minutes, stirring occasionally.
5. Remove from oven; add sweetened dried cranberries.
6. Bake for an additional 15 minutes or until potatoes are tender.
7. Remove mixture to a serving platter; keep warm.
8. Add remaining 2 tablespoons orange juice and scrape all brown bits from bottom of pan.
9. Pour over mixture.

Makes 4 servings.

Recipe provided courtesy of Ocean Spray Cranberries, Inc.

Find more healthy recipes at www.foodfit.com

Sources:

American Academy of Ophthalmology, www.aao.org
National Safe Kids Campaign, www.safekids.org
U.S. Consumer Product Safety Commission

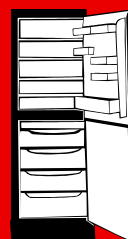
Potluck Safety

Its That Time of Year Again!

Countless potlucks are around the corner; kids school potlucks, work parties, friend's parties, church gatherings and even family events.

Here are some food safety tips to prevent illness after potlucks:

- **If you are transporting food:**
 - **HOT**—use a crock pot or other containers to keep the food hot, or wrap it in foil and heavy towels.
 - **COLD** — Use a cooler with ice or freeze packs
- **Keep hot foods at or above 140 degrees F during the event. Use electric containers to maintain temperature.**
- **If foods were previously cooked and cooled, they should be reheated to 165 degrees before serving.**
- **All foods should have serving utensils; spoons, tongs, forks, etc. No one should handle the food with bare hands**
- **If food is held at room temperature during serving or transport for more than 2 hours it should be discarded**
- **Do not let hot foods sit out to cool, refrigerate foods quickly after cooking or serving. Use small, shallow containers.**



Source: www.fightbac.com

Created and published by ADOA Human Resources,
Benefit Options Wellness Program

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www.benefitoptions.az.gov/wellness
email: wellness@azdoa.gov



Persons with disability may request reasonable accommodation by contacting the ADOA Benefits Office.

If you need this issue in alternative format, please call 602-771-9355

benefit
options
wellness!
Be Well Stay Well.